

Bangalore Mirror

TEMP Max 27 | Min 18 | Humidity 86%

Generally cloudy sky with Light rain

Sensex 81,289 | Nifty 24,548 | Gold 78,615 | Silver 95,248 | Dollar 84.96 | Euro 89.28 | GBP 108.30

CITY / PAGE 3

ARRESTED DEVELOPMENT

641 people have been 'digitally arrested' and lost a whopping Rs 109 crore in Karnataka in 1 year; of this, Rs 9.45 crore was recovered



CITY / PAGE 4

BLAZING WASTE

Citizens choke as burning of garbage continues in outskirts, especially Subramanyapura, Jnanabharathi Campus and Ullal



4,326 cases of shrill horn use this year as compared to just 182 cases in 2023; rise related to increased checks say traffic police as experts point to multiple health problems caused by this noise pollution

SOUND EFFECTS

Ban on manufacture, sale of multi-tone, loud horns urged



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Shrill and multi-tone horns are not just a nuisance, they are a major contributor to noise pollution, amplifying chaos on Bengaluru's already crowded roads. Despite being prohibited under the Pollution Control and Indian Motor Vehicles (IMV) Acts, such horns remain alarmingly common.

The traffic police have registered 4,326 cases of shrill horn use this year, a sharp rise from just 182 in 2023, underscoring the urgent need for stricter

enforcement. Experts argue that fining offenders is merely a stopgap measure. They emphasise the need for a systemic solution, which is banning the manufacture and sale of these horns.

Silent zones no longer silent

In Bengaluru, noise pollution levels in designated silent zones have surged drastically. Karnataka State Pollution Control Board (KSPCB) data from monitoring stations shows noise levels exceeding permissible limits by up to 99% at night and 55% during the day in these zones. This is well above the

The state government conducts yearly examinations for traffic officials to address issues stemming from shrill horns, pollution, or work-related stress

—Kuldeep Kumar Jain, DCP Traffic East

limit of 40-50 dB specified for silent areas. Such noise not only causes health issues but also leads to accidents and extended recovery times for hospital patients.

Rajkumar Dugar, founder of Citizens for Citizens (C4C), described it as a "slow poison", emphasising the cumulative harm caused over time. "This turns a public nuisance into a serious public health concern. The government must seriously implement a ban on the manufacturing and sale of loud, shrill and multi-tone horns," he said.

CONTINUED ON PAGE 10 >>

YOU ARE BEING SERVED



Several food inspectors assigned to check quality of food served in eateries don't have basic educational qualification required for task

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TWEETS @BangaloreMIRROR

Food Inspectors from the Food Safety and Standard Department are supposed to inspect restaurants/eateries to ensure compliance with and enforcement of food safety regulations. But one look at the educational qualifications (if they are to be believed in the first place) of some of these inspectors will make you wonder how they are equipped with matters of food quality. For instance, there are a few food inspectors, who have submitted B. Sc (Maths) certificates from a university in Rajasthan.

There are 210 sanctioned posts of food inspectors across the state and around 50 per cent of these posts are lying vacant. And of the appointed food inspectors, some have no basic knowledge on food checks such as a graduation with chemistry, agriculture, veterinary science or food technology as core subjects.

CONTINUED ON PAGE 10 >>

THINGS TO DO

01 Mohiniyattam solo

Sarvam Vishnu Mayam, a 45-minute Solo Mohiniyattam presentation by Swapna Rajendrakumar, at the Margazhi Festival organised by Medai. **Where:** Medai, Koramangala **When:** December 19, 7 pm

02 Christmas vibes

Christmas Chronicles at Phoenix Mall of Asia: Spectacular 65 Ft Christmas Tree, Santa Meet & Greet, European Themed Christmas Market, Snowfall Experience, Carol Singing & Musical Band Performance & Festive Characters. **Where:** Grand Plaza, Phoenix Mall of Asia, Bengaluru North; **When:** December 13, 14, 15, 5 pm onwards

03 All art

Hands-on workshops, curated artisanal exhibits, handmade products, and live music performances at Artisan Bazaar 2024, a two-day celebration of India's artisanal heritage and sustainable craftsmanship. **Where:** Bangalore Creative Circus, Yeshwanthpur **When:** December 14, 15

04 World of literature

Bangalore Literature Festival 24 features a host of authors and speakers, including novelists and fiction writers, historians, biographers, poets, diplomats, performers, and others. **Where:** Lawns of Hotel LaLiT Ashok, Bengaluru **When:** December 14-15, 9 am onwards

05 Tribute act

Magnetic Music Season 03 with Kishan Baalaji Collective (KBC) and Moksha—All Stars, two incredible bands that will perform tributes to the likes of all-time greats like The Beatles, Led Zeppelin, Bon Jovi, Queen, and Coldplay, among other timeless favourites. **Where:** ZLB23, The Leela Palace, Old Airport Road; **When:** December 13 to 19, 8 pm onwards

Toxic air is claiming more lives each year

Study reveals rise in mortality rates in Karnataka due to PM2.5 exposure, with millions of deaths in India since 2009, inadequate air quality standards

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A new study shows a surge in the annual mortality rate in the majority of the districts in Karnataka due to PM2.5 (fine particulate matter in air) exposure. Researchers at Karolinska Institutet in Sweden noted that the annual mortality rate in most of the districts in Karnataka in 2019 has gone up compared with the yearly mortality rate in 2009 due to PM2.5 exposure. They highlight that a 10 µg/m³ increase in annual PM2.5 concentration is associated with an 8.6% higher annual mortality.

The study included 655 Indian districts and found out that millions have died in India since 2009 due to long-term exposure to PM2.5. Based on the Indian National Ambient Air Quality Standards (NAAQS), a total of 3.8 million deaths between 2009 and 2019 were attributable to PM2.5, amounting to 5%. Based on the World Health Organisation (WHO) guidelines, a total of 16.6 million deaths were attributable to PM2.5, amounting to 24.9% of total mortality.

Views on current air pollution guidelines

The study also underscores that the current air pollution guidelines in India are insufficient to protect health. WHO revised the air quality guidelines for PM2.5



'Based on WHO guidelines, a total of 16.6 million deaths were attributable to PM2.5, amounting to 24.9% of total mortality'

concentrations in 2021 based on mounting evidence of major health effects even at low exposure concentrations, resulting in stricter recommendations, going from not exceeding 10 µg/m³ to not exceeding 5 µg/m³ annual mean PM2.5 concentration. However, current Indian National Ambient Air Quality Standards (NAAQS) are less than or equal to 40 µg/m³ for annual mean PM2.5 concentration, which is eight times higher than the WHO guidelines.

Need to conduct health analysis

City-based researchers say the current priority is to conduct a health analysis at emission hotspots. "We need to first focus on analysing the health conditions of people living or work-

ing around these hotspots. Bengaluru currently has 80 hotspots of PM2.5. However, there is no study to understand the impact of this exposure. For the time being, an annual average of 40 µg/m³ appears to be adequate," said Professor Gufran Beig, chair at the National Institute of Advanced Studies (NIAS).

Experts say the priority should be to bring down ambient levels to the NAAQS, which can be followed by an interim target - 35 µg/m³ or 25 µg/m³. "We cannot come down to 5 µg/m³ from 40 µg/m³ suddenly, as it will not make a practical difference. We need to focus on reducing sources of emissions such as diesel exhaust, waste burning, and household emissions. Despite the considerable progress made under Pradhan

Mantri Ujjwala Yojana (PMUY), poor families are still burning wood and other biomass as fuel. Moreover, National Clean Air Programme should also be implemented in villages and towns," said Dr R Subramanian, sector head for Air Quality, Centre for Study of Science, Technology, and Policy (CSTEP).

The study titled 'Estimating the effect of annual PM2.5 exposure on mortality in India: a difference-in-differences approach' also states that while the full population of the country lived in areas with PM2.5 concentrations exceeding 5 µg/m³ annual mean recommended in WHO guidelines, 1.1 billion of 1.4 billion (81.9% of the total population) lived in areas above the Indian NAAQS for annual mean PM2.5 not exceeding 40 µg/m³.

Environmentalists raise concerns, oppose govt's proposal to acquire BU land

The State Government has proposed acquiring 200 to 300 acres of land within Bangalore University's (BU) Jnana Bharathi campus to establish the University Visvesvaraya Engineering College (UVCE) expansion modelled on the lines of the Indian Institutes of Technology (IIT). This decision has drawn criticism, with concerns that the state's move could transform the green expanse of Jnana Bharathi, considered the "oxygen hub" of Bengaluru, into a concrete jungle.

"The bio-park in Jnana Bharathi is a lifeline for Bengaluru, acting as an oxygen reservoir and a centre for groundwater recharge. The government's decision to consider further concretisation of this unique green space is highly unfortunate," expressed city-based environmentalists.

Higher Education Minister Dr MC Sudhakar recently issued a letter to BU's Vice-Chancellor, urging the university to allocate at least 200 to 300 acres of land from its 1,200-acre property for the UVCE project. The state government has earmarked Rs 500 crores in the 2024-25 budget to develop UVCE into a premier institution featuring modern facilities, sports infrastructure, and state-of-the-art buildings. However, the university has identified only 50 acres, which the minister deemed insufficient, suggesting further action to meet the land requirements.

BU Vice-Chancellor Dr Jayakar Shetty M acknowledged that a committee has already been formed to examine the allocation of 50 acres for the project. Regarding the government's request for additional land, he

said, "We have not yet held discussions on this matter. It requires further deliberation with the minister."

Resistance from environmentalists

In the past three years, over 12,000 trees have already been felled for various infrastructure projects in the city, and approximately 2,665 acres of forest land in Bengaluru Urban District have been encroached upon. Environmentalists argue that this rapid urbanisation and deforestation have significantly reduced the city's green cover, contributing to climate change.

Environmentalists have strongly opposed the proposal. They argue that Jnana Bharathi's mini-forest, which houses lakhs of trees and serves as a groundwater recharge zone, must be preserved. Dr Renuka Prasad, a



geoscientist and environmentalist, stressed the importance of conserving such ecological zones, suggesting that existing infrastructure could be expanded vertically to meet institutional needs rather than acquiring additional land.

In response to the proposal, environmental activist Ajay has launched

a signature campaign through Jain.org. The initiative has garnered over 15,000 signatures from Bangaloreans and environmental enthusiasts worldwide, urging the government to protect the campus' green cover. The petition, along with a formal appeal, has been submitted to BU officials and elected representatives. — BMB

State records 641 'digital arrest' cases in 1 year

Officials note alarming rise in digital arrest scams in Karnataka, urge caution among public

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Around 641 people have been 'digitally arrested' in Karnataka in just 1 year. In fact, Karnataka has reported over 11,000 cases of different types of digital fraud in the past year.

Responding to a query in the Legislative Council on Thursday at Belagavi, Home Minister Dr G Parameshwara revealed that 641 cases of digital fraud have been registered this year alone, amounting to losses exceeding Rs 109 crore. Authorities have recovered Rs 9.45 crore and arrested 27 individuals involved in these scams.

"Fake SIM cards and counterfeit bank accounts are being used to defraud the public. Active groups on social media platforms like Facebook, Telegram, and others are facilitating these scams. So far, 268 Facebook groups, 465 Telegram groups, 15 Instagram accounts, and 61 WhatsApp groups have been deactivated as part of the crackdown," he said.

To combat the menace, he stated that awareness campaigns are being conducted in schools, colleges, and other institutions to educate students and the public about digital fraud. Additionally, strict legal action is being taken against cybercriminals to deter such activities. "Citizens are urged to report cyber fraud incidents immediately by contacting the toll-free helpline number 1930," the home minister added.



Public awareness: Need of hour

A senior police official said that the alarming rise in "digital arrest" scams demands the critical need for public awareness. Genuine authorities never initiate video calls or demand money in such a manner. Individuals receiving such calls are advised to immediately contact their local police or the cybercrime helpline at 1930 or visit www.cybercrime.gov.in.

Scammers employ sophisticated methods, such as speaking formal English, displaying fake IDs during video calls, and creating realistic backdrops resembling government offices or courtrooms. Their primary targets often include senior citizens, retirees, and educated professionals. Using fabricated accusations and seemingly legitimate documents, they demand substantial sums of money. Vigilance and caution among the public are essential in preventing these scams, as emphasised by a police official.

How to be safe from this scam?

The scam operates on fear, urgency, and emotional manipulation. Victims are bombarded with false accusations and threats of legal action, leaving them overwhelmed and coerced into making financial payments. "Cybercriminals typically contact victims via phone or video calls using VOIP services, WhatsApp, or Skype, often from international numbers. They impersonate government officials, such as police officers or CBI, projecting an air of authority and urgency to intimidate their targets. Understanding these tactics is vital for safeguarding oneself and helping others avoid falling prey to such schemes," said a senior police official.

Police officials said that cyber fraudsters use a variety of tricks to deceive their victims. One common tactic is the misuse of Aadhaar or phone numbers, where victims are falsely accused of using their credentials for illegal activities. Another strategy involves emotional manipulation through family involvement, where they say that a family member is implicated in unlawful activities.

"To stay safe from such cyber cons, it is crucial to exercise caution when dealing with unknown numbers, especially those claiming to represent government agencies. Always verify the identity of the caller by directly contacting the agency through official channels. Never share sensitive information, such as your Aadhaar number, bank account details, or credit card information, over the phone," added a police official.

Biker crushed to death by tipper

A 24-year-old biker died on the spot after being hit by a tipper truck near SJP Junction on Tuesday. The deceased is identified as Kumar Kurakula, working as a software engineer, originally from Andhra Pradesh.

The incident occurred when Kumar, a resident of Marathahalli, was riding his two-wheeler from KR Market towards Marathahalli. A tipper truck, which was transporting asphalt, reportedly hit Kumar's bike from behind. The collision caused him to lose balance and fall. Tragically, the truck ran over his head, leading to his death on the spot. The deceased's body was sent for postmortem, and a case was registered at the Halasuru Gate Traffic Police Station under Section 281 (BNS) and Section 106 BNS. **-BMB**

Mother smothers 2 kids, kills self

A woman allegedly killed her two children before ending her own life in Kodigehalli. The deceased, identified as Kusuma, a homemaker, was found dead in her apartment, alongside her six-year-old son and one-year-old daughter.

According to police officials, the incident occurred on Wednesday between 12:30 pm and 1 pm. She left behind a death note citing family disputes as the reason for her actions. Preliminary investigations revealed that Kusuma had a heated argument with her husband prior to the tragedy. **-BMB**

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Irregular waste collection ignites garbage burning

Inconsistent waste management and lax enforcement in Bengaluru spark concerns, with citizens urging civic agency to act and safeguard greenery

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Burning garbage in open spaces is banned under Section 19(5) of the Air (Prevention and Control of Pollution) Act, 1981. However, violations persist, with both careless residents and conservancy workers openly flouting the law in Bengaluru. This issue isn't limited to the city's outskirts but extends to bustling areas like RT Nagar. Environmentalists and social activists have repeatedly raised concerns with the Bruhat Bengaluru Mahanagara Palike (BBMP) about garbage burning by pourakarmikas and residents. However, the civic body lacks the resources to enforce the ban effectively. The issue is particularly widespread in areas like Subramanyapura, Jnanabharathi Campus, and Ullal.

Environment-conscious residents of RT Nagar are appalled to witness garbage being burned on the road near the BDA Complex. The waste was set on fire next to roadside trees that have been nurtured for years. They pointed out that the lack of action by BBMP authorities has made it easy for conservancy workers and residents to burn garbage openly, without fear of consequences.

"Burning of garbage was happening in Koramangala. I complained many times to the BBMP authorities to take preventive measures. Burning garbage on the road damages plants, saplings, and trees. I found women conservancy workers setting garbage afire. I took their photos of burning garbage and lodged a complaint with the BBMP. Now, the burning of garbage has stopped," said Janet Yegne-



Garbage is being set ablaze near BDA Complex, RT Nagar

swaran, an environmentalist.

Emphasising the need to make arrangements for the collection of garbage from door to door regularly, Sowmya Raghavan, a resident, said that residents have been facing

a lot of hardship with waste collection. "Irregular vehicle deployment to collect garbage from door to door makes people take the easiest way out by burning waste on the roadsides. Efficient door-to-door collec-

tion is a long pending issue that our city has to solve first before building sky towers and fancy tunnels," said Sowmya Raghavan. Demanding the BBMP authorities to take stringent measures against those responsible for burning garbage in public places, Balaji Raghotham, an environmentalist, said that he came across garbage being transferred from a garbage tipper to a garbage truck. "It is not only an eyesore but also creates black spots," said Balaji Raghotham.

A resident of Ganganagar, on the condition of anonymity, said that he was shocked to see pourakarmikas setting dry waste afire. "It will

Efficient door-to-door collection is a long pending issue that our city has to solve first before building sky towers and fancy tunnels

— Sowmya R, resident

encourage residents to set dry waste afire whenever the contractor fails to collect the waste from door to door," the resident said.

Condemning the burning of waste near the trees, Vijay Nishant, an environmentalist, said the burning of waste causes damage to the trees. "I urge the authorities to stop burning waste near trees," he said.

Meanwhile, BBMP Health Inspector (Manorayanapalya ward) Seema said that she would look into the matter. "I have not received any complaint on burning of garbage near BDA Complex in RT Nagar. I will fix this problem," she said.

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Roadblock woes

Sampigehalli



Vehicles and passengers are experiencing difficulties due to the poor conditions at the Srirampura railway underpass near Jakkur, Sampigehalli, Manyata Tech Park back gate Road.

Waste troubles

Bhoopasandra



A large tree trunk and leaves, dumped in front of houses near Vinayaka Layout BDA Park, Bhoopasandra, have remained uncleared for over two months.

Koramangala footpaths turn into death traps

Footpaths with gaps and open drains are endangering pedestrians, with locals alarmed after youth died into falling one; BBMP urged to act swiftly

The footpaths near Koramangala Indoor Stadium have become dangerous, posing a serious risk to pedestrians. Large gaps, uneven surfaces, and open drains make it difficult and unsafe to walk in the area. Residents blame the negligence of the Bruhat Bengaluru Mahanagara Palike (BBMP) for the poor condition of the footpaths.

The concern has grown louder

following a tragic incident in Govindapura, where a young man recently fell into an open drain and lost his life. Residents fear that a similar accident could happen here if immediate action is not taken.

"The footpaths are in a terrible state. Walking here is like inviting danger. It's shocking that the authorities are not fixing such basic issues," said Joshua Sinto, one of the daily commuters.

Another resident pointed out the risk to senior citizens and children, who are more vulnerable to accidents. "Elderly people and children cannot walk on these footpaths. We are forced to walk on the road, which is even more dangerous because of the traffic," said the resident. Pedestrians and commuters in Koramangala Indoor Stadium's vicinity say the situation worsens during the rainy season, as water



Poor state of footpath near Koramangala Indoor Stadium

fills the gaps and hides the hazards. This makes the footpaths completely unusable and increases the chance of accidents.

"The footpaths in front of Koramangala Indoor Stadium have become death traps. It's not long ago, a youth tragically died in Govindapura after falling into one such. The pedestrians should take precautions to avoid such incidents as the BBMP officials are so negligent," added Sinto.

The locals pointed out that proper maintenance and regular inspections are necessary to avoid such risks in the future. "Good footpaths are not just a convenience; they are a basic necessity for safety and accessibility. They ensure that everyone, from children to the elderly, can move around the city without fear of accidents or injury," said a resident of Koramangala. — BMB

Trash pile

KR Market



Trash is accumulating at the entrance of the KR Market bus stand, causing an eyesore and sanitation problem.

An alleged love triangle situation led to the death of two individuals of Nepali origin working in Yelahanka. The Yelahanka New Town Police uncovered that one of the deceased, identified as Vikram, and the accused were romantically involved with the same woman. The accused were identified as Sameer

Double murder: Man, his friend killed over love triangle, 2 arrested

and Sangam, who are also Nepalese. It is said that tensions escalated after Vikram allegedly sent obscene messages to the woman. During a recent gathering where Vikram was partying with his friend Turi, the

accused, angered by the messages and the ongoing rivalry, confronted Vikram. In a fit of rage, they fatally assaulted him using a tile stone. Tragically, Suri, who attempted to intervene, was also killed in the al-

tercation. Both men died on the spot due to severe injuries and excessive bleeding. The accused were apprehended by the police two days later in connection with the double murder. Higher

police officials confirmed that a murder case has been registered against the accused. During the investigation, police recovered the weapons used in the crime, including a knife, a cooker, a cylinder, and tile fragments. Investigations are ongoing to uncover further details of the case.

—BMB

BM Food & Night Life

4 ways you can snack it right

Snacking is not widely encouraged, but when done correctly, it can enhance your general well-being, reduce cravings, and give you more energy. Snacking mindfully is the key. Here's how to do it right...

Select filling snacks

Nutrient-dense snacks are those that are high in fibre, protein, vitamins, and minerals. While fresh produce and fruits are always the best options, you should also consider whole-grain crackers, almonds, seeds, and string cheese.

Check portion sizes

If you overindulge in nutritious snacks, you might end up gaining weight. Instead of eating your snacks right out of the

package, measure them out and practise portion control.

Avoid mindless eating

We often tend to eat something unhealthy while watching TV or browsing on the phone. Instead, schedule a special time for snacks and take your time, mindfully and slowly enjoying each bite.

Pay attention to your body

Cues related to hunger and fullness are important. Recognise when you are truly hungry, and stop eating when you are full rather than stuffed.

Modify the way you snack and fuel your body in between meals with these mindful snacking tips. And, when you snack, choose nutritious foods and savour each bite.

—Femina Food



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SATURDAY | 14th DECEMBER | 6PM ONWARDS
AT GARUDA MALL MAGRATH ROAD

Kogilu Road continues to be littered with black spots

Irresponsible trashing by citizens and civic agency's lack of accountability increases risk to animals, pedestrians

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) authorities have been taking measures to ensure Bengaluru is free from garbage and claim to make it one of the cleanest cities in the country. The BBMP authorities have been creating awareness among the residents on the importance of segregating waste at the source and handing it to conservancy workers who collect waste from doorsteps. However, the number of perennial black spots on Kogilu Main Road and Kattigenahalli Road is any indication; it seems there is no coordination between conservancy workers and residents of Kogilu ward in the Yelahanka Assembly constituency.

There are many black spots on the main road that connects Kogilu to Yelahanka, Kattigenahalli Road, and around Poojamma Temple. These black spots have become a health hazard and a danger for stray dogs and animals. "We have been trying our best to educate people not to dump waste on the road but in vain. We have also appealed to the BBMP authorities to ensure Kogilu Main and other areas are free from black spots. They are telling us that they have taken measures to clear garbage regularly," said Mahesh T, a resident of Kogilu.

Appealing to the BBMP authorities to beautify the black spots as early as possible, Lokesh R, a resident, said the black spots attract stray dogs and cattle, thus making

them vulnerable to road accidents. "The black spots have become an eyesore and also a danger for stray dogs and cattle. There are incidents of stray dogs getting killed by speeding vehicles. I want the BBMP authorities to take stringent measures against those responsible for dumping garbage," said Lokesh.

Blaming the BBMP authorities and lazy residents for garbage problems, Poojappa G, a resident of Kogilu, pointed out that the residents are blaming the

"I want the BBMP authorities to deploy marshals to keep a vigil on those creating black spots and ensure people do not dump garbage here" — Poojappa G, resident

BBMP authorities for not taking measures to send pourakarmikas to collect waste from door to door on a regular basis. "I want the BBMP authorities to deploy marshals to keep a vigil on those creating black spots. It is not that the pourakarmikas did not clear garbage. They are doing it but black spots remain on Kogilu Main Road and other areas," said Poojappa.

Meanwhile, Rajesh Gowda, supervisor, BBMP Marshals, observed that some of the residents are responsible for the black spots on Kogilu Main Road. "We are keeping a vigil on them and also penalising some of them. We are collecting Rs 50,000 to Rs 1,00,000 as a penalty



Hazardous blackspot on Kogilu Road disrupting pedestrians and increasing risk for stray dogs and cattle

per month. There are a few women who threaten us with lodging police complaints against us for preventing them from dumping garbage on the road. I even came across villagers dumping garbage on the road," said Rajesh Gowda.

When informed, Bangalore Solid Waste Management Limited (BSWML) Assistant Executive En-

gineer Srinidhi said that he would take measures to procure more auto tippers to collect waste from door to door in the Kogilu ward. "As of now, there is a shortage of auto tippers. I will report it to higher authorities. I will ask BBMP Marshals to patrol Kogilu Main Road at night to prevent people from dumping garbage," he said.

Memo against arresting B'luru residents without proper procedure

A delegation of lawyers, students, and activists submitted a memorandum to the Director General of Police (DGP) on Thursday through the SP (PRO), urging action on the flouting of interstate guidelines by the Delhi and UP police for investigations.

"We write to you as concerned citizens of Karnataka who are deeply troubled by the targeting and harassment of well-known human rights defenders Nadeem Khan and Mohammed Zubair. We urge you to look into the harassment of both the human rights defenders in Bangalore city by the Delhi and UP Police by violating all guidelines concerning interstate investigations under the criminal procedural laws. What

Delegation meets DGP over harassment of human rights defenders

is also of concern is that we are seeing many hate speeches at the rallies being taken out all over Karnataka by the likes of Eshwarappa, Yatnal, and other Hindutva organisations in response to the Waqf Amendment. These hate speeches are an open assault on the constitutional value of fraternity and dignity," the memorandum said.

The letter emphasised that there was no warrant issued against the FIRs registered in both Nadeem and Zubair's cases and pointed out that it is not the first time that the police of another state have come to Karnataka to illegally detain a certain person.

They have urged the DGP to take steps to bring in the erring police officers of UP and Delhi under departmental enquiry, take departmental action, and issue guidelines to ensure that police from other states must follow the guidelines in Karnataka. The delegation also demanded the ensuring of suo-moto FIR registration against all hate speeches.

— BMB

Realtors' forum speaks of challenges with E-khata norms

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TWEETS @BangaloreMIRROR

Members of the Confederation of Real Estate Developers' Associations of India (CREDAI) Bengaluru, led by Amar Mysore, president of CREDAI Bengaluru, submitted a letter outlining critical issues facing the real estate sector, primarily concerning E-Khata, to Revenue Minister Krishna Byre Gowda. They have also submitted it to the Bruhat Bengaluru Mahanagara Palike Special Commissioner (Revenue), Munish Moudgil and Inspector General of Registration and Commissioner of Stamps Dayananda to revert stamp duty to the previous cap of Rs 10 lakh for both title deed deposit agreements and mortgage deeds.

The letter stated that E-Khata, de-

signed to enhance transparency and accountability in the real estate sector, faces challenges due to its sudden mandatory implementation.

"Firstly, I must state that E-Khata is a step in the right direction to bring enhanced transparency and responsibility into the real estate sector. However, the sudden implementation of mandatory E-Khata has resulted in a rush of applications and subsequent overflow of applications from the general public, causing significant distress to people who are in the process of getting their documents registered. Also, the recent increase in stamp duty rates implemented disproportionately affects the real estate sector. For instance, a Memorandum of Deposit Title Deed for a construction finance loan of Rs 100 crore incurs a stamp duty of Rs 50 lakhs compared to the previous cap of Rs10 lakhs,"

CREDAI Bengaluru recommends streamlining the uploading process by introducing a user friendly interface

said Mysore. Citing that the current process of uploading documents for E-Khata and the document verification process adopted by the BBMP is time-consuming and cumbersome, effectively delaying the registration process of various documents, CREDAI Bengaluru requested the implementation of the mandatory requirement for E-Khatas in a phased manner to ensure smooth operations, as all E-Khatas across Bengaluru urban limits are still in the process of being updated/uploaded in the E-Aasthi portal. CREDAI Bengaluru recommended



streamlining the uploading process by introducing a user-friendly interface that allows users to upload the requisite documents to complete the E-Khata procedure.

The current property registration portal faces several challenges, including limitations in handling multiple transactions, a cumbersome process to procure the E-Khata, and mandatory E-Khata requirements causing hardship to end customers.

With the e-katha being insisted upon, even the undeveloped lands are wrongly being assessed.

CREDAI Bengaluru suggested streamlining the issuance of the E-Khata document, enhancing portal capabilities for multiple transactions, accepting alternative identity proofs, mandating E-Khata only for title transfers and reverting to the previous mechanism for undeveloped land, and reducing stamp duty fees for deposit of title deeds.

"CREDAI Bengaluru will continue to work closely with the government to proactively identify and propose solutions that will mutually benefit the government, the real estate sector, and the home buyer. We have been assured by the government and BBMP that our suggestions will be considered and all issues pertaining to this will be resolved," Mysore said.

LOOKING BEYOND MYTHS UNDERSTANDING EPILEPSY

It's time to Unite for Better tomorrow

- India carries an enormous burden of epilepsy. ■ About 12 million people with epilepsy are there in India
- There are close to 1.5 million women with epilepsy in reproductive age in India.
- Up to 70% of people living with epilepsy could become seizure free with correct medications.



seizure, which occurs when an infection associated with a high fever develops.

Dr. Ashok Kumar Singhal says, "Epilepsy is characterized by recurrent seizures, which are brief episodes of involuntary movement that may involve a part of the body (partial) or the entire body (generalized) and are sometimes accompanied by loss of consciousness and control of bowel or bladder function. However it is important to note that one seizure does not signify epilepsy (up to 10% of people worldwide have one seizure during their lifetime). Epilepsy is defined as having two or more unprovoked seizures."

Fear, misunderstanding, discrimination, and social stigma have surrounded epilepsy for centuries. This stigma

continues in many countries today and can impact on the quality of life for people with the disease and their families. A doctor makes a diagnosis based on symptoms, physical signs and the results of tests such as an electroencephalogram (EEG), computed tomography (CT or CAT scan) or magnetic resonance imaging (MRI)," adds Dr. Ashok Kumar Singhal.

Epilepsy is not contagious. The most common type of epilepsy, which affects 6 out of 10 people with the disease, is called idiopathic epilepsy and has no identifiable cause. While Epilepsy with a known cause is called secondary epilepsy, or symptomatic epilepsy. Seizures can be controlled using drugs. Up to 70% of people living with epilepsy could become seizure free with appropriate use of anti-seizure medicines. Furthermore, after 2-5 years of successful treatment and being seizure-free, drugs can be withdrawn in about 70% of children and 60% of adults without subsequent relapse. In low- and middle-income countries, however there is lot of treatment gap as about three quarters of people with epilepsy may not receive the treatment they need.

should be given medical treatment and treated like any other human being.

Myth: Never touch a patient having a seizure. The disease will be passed on to you.

Fact: Epilepsy is not contagious. The patient having a seizure needs your help and should be given immediate and appropriate care.

Myth: The only side effects of a seizure are tiredness and being confused.

Fact: Having epilepsy can affect people in different ways.

The burden of epilepsy could be reduced in India by providing a comprehensive epilepsy management which goes beyond seizure control and includes prevention of comorbidities and improvement of quality of life. The goal is to make the epilepsy treatment available for all and eradicating the fear and myths by educating patients, and the public.

Disclaimer:

An initiative for public awareness and informational purposes only. The view expressed by the authors and the doctors are their independent opinions and the same shall not be construed as a medical advice or otherwise, readers shall consult a registered medical practitioner for any health issue and treatment.

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5 pm to 8 pm

Epilepsy is one of the most common neurological disorders. It is a chronic noncommunicable disease of the brain that affects more than 50 million people worldwide and most of them reside in developing countries. With a conservative estimate of 1% as prevalence of epilepsy, there are more than 12 million persons with epilepsy (PWE) in India, which contributes to nearly one-sixth of the global burden. When it comes to Epilepsy in women, about a sixth of women in the world are living in India. It is estimated that there are about 2.73 million women in India with epilepsy and 52% of them are in the reproductive (15-49 years) age group. By conservative estimates, there are three million people with drug resistant epilepsy (DRE) and one million potential candidates for epilepsy surgery (ES) in India.

According to the data from Kerala Registry of Epilepsy and Pregnancy (KREP) indicate that anemia, ovarian cyst and fibroid uterus, and spontaneous abortions are more frequent in women with Epilepsy. It has been observed that the peak of incidence of epilepsy is seen during the 1st year of life and in persons aged more than 74 years. Some children develop epilepsy as a result of their brain being injured in some way. This could be due to difficulties at birth, or an infection which affects the brain. In young children, development can be delayed due to uncontrolled seizures. The most common type of seizure in children is the febrile

EPILEPSY RISK FACTOR

- Stress
- Sleep deprivation or fatigue
- Insufficient food intake
- Alcohol use or drug abuse
- Failure to take prescribed anticonvulsant Medications
- Premature birth or low birth weight
- Trauma during birth (such as lack of oxygen)
- Seizures in the first month of life
- Abnormal brain structures at birth
- Bleeding into the brain
- Abnormal blood vessels in the brain
- Serious brain injury or lack of oxygen to the brain
- Brain tumours
- Infections of the brain such as meningitis or encephalitis
- Stroke resulting from blockage of arteries.
- Cerebral palsy
- Mental disabilities
- Seizures occurring within days after head injury
- Family history of epilepsy or fever-related seizures
- Alzheimer's disease (late in the illness)
- Lengthy fever-related (febrile) seizures
- Alcohol or drug abuse

PREVENT EPILEPSY

- Take your medicine.
- Talk with your doctor or nurse when you have questions.
- Recognize seizure triggers (such as flashing or bright lights)
- Keep a record of your seizures.
- Get enough sleep.
- Lower stress

MYTHS AND FACTS

Myth: Fits are due to incarceration with evil spirits.

Fact: Fits are a medical disease which can be treated with medication.

Myth: These patients are possessed by God.

Fact: Patients behave in an uncontrollable manner during a seizure, but this is not an expression of supernatural powers. They

Honouring Achievers with the 'VK Achievers of Bengaluru' Award

Vijay Karnataka & Bangalore Mirror honoured 26 achievers with the 'Achievers of Bengaluru 2024' award, recognising their contributions in real estate, education, social service, entrepreneurship, safety and personnel management, cinema, agriculture, and cooperatives.



Vijay Karnataka and Bangalore Mirror conferred the prestigious "Achievers of Bengaluru 2024" award at a prominent hotel in the city



In a spectacular tribute to extraordinary individuals shaping Bengaluru's legacy, Vijaya Karnataka and Bangalore Mirror proudly conferred the prestigious "Achievers of Bengaluru 2024" awards upon 26 outstanding achievers from diverse fields. The glittering ceremony, hosted at a prominent hotel in Bengaluru, was graced by former Lokayukta Justice

N. Santosh Hegde, renowned actress Sudha Rani, and well-known actor Pruthvi Ambaar as chief guests. These inspiring achievers, meticulously identified through a rigorous survey conducted in partnership with Marketlytics, were celebrated for their unparalleled commitment and transformative contributions.

Recognising and Inspiring Excellence

Addressing the gathering, Justice Hegde lauded Vijaya Karnataka and Bangalore Mirror for its initiative. "Identifying and honouring achievers is a rarity in our society. By doing so, VK and BM are not only showcasing their accomplishments but also inspiring others to follow in their footsteps. Such awards serve two important purposes; they inform the public about the achievers' contributions and motivate others to emulate their success. This initiative is truly meaningful," he said.

Reflecting on his personal connection, Justice Hegde added, "I was once honoured with the prestigious Vijaya Karnataka Person of the Year award, for which I am deeply grateful." He further shared life lessons, emphasising, "Every individual, no matter how accomplished, must embrace humanity. Without human values, life loses its meaning. Additionally, one must abandon greed and find contentment in what they have. Greed is the root of corruption, and living a life free of it ensures both physical and mental well-being." He also called for a collective stand against corruption. "Even today, corruption persists. If we fail to question injustice and malpractice, only wealth and power will hold value, leaving the underprivileged unheard. In this era, honesty seems to have lost its worth.

It's our duty to instill social values in our children, stating, "Achieving success in life is no small feat. It often comes after overcoming immense challenges. I hope all the awardees continue to excel and inspire. Although social media dominates our times, I firmly believe that the culture of reading newspapers and books is relevant and will continue to stay for the future. People will soon rediscover the joy of traditional reading." VK Editor Sudarshan Channangihalli highlighted the social initiatives of Vijaya Karnataka. "Beyond delivering news, we take pride in organising initiatives like 'Superstar Raitha' to honour progressive farmers and 'Hainu Honnu' to promote dairy farming. Similarly, Achievers of Bengaluru has been conceived to recognise and honour excellence across various fields," he explained.

Words of Encouragement

Actress Sudha Rani expressed admiration for the achievers, stating, "Achieving success in life is no small feat. It often comes after overcoming immense challenges. I hope all the awardees continue to excel and inspire. Although social media dominates our times, I firmly believe that the culture of reading newspapers and books is relevant and will continue to stay for the future. People will soon rediscover the joy of traditional reading." VK Editor Sudarshan Channangihalli highlighted the social initiatives of Vijaya Karnataka. "Beyond delivering news, we take pride in organising initiatives like 'Superstar Raitha' to honour progressive farmers and 'Hainu Honnu' to promote dairy farming. Similarly, Achievers of Bengaluru has been conceived to recognise and honour excellence across various fields," he explained.

A Tribute to Bengaluru's Pioneers

Deepak Saluja, CEO of Vijaya Karnataka and Bangalore Mirror acknowledged the city's significance. "Bengaluru, renowned as the Silicon City and the startup capital of India, significantly contributes to the nation's GDP. This progress is driven by the relentless efforts of achievers like you. Your hard work strengthens our economy. Through these awards, we aim to celebrate and encourage your continued success," he said.

Pleasure to honour
PURAVANKARA LTD
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MARKELYTICS
Your Global Research Partner
Collaborated for the survey
in the selection process of
the awardees.



Chief guests Justice N Santhosh Hegde, actress Sudha Rani, actor Pruthvi Ambaar

What AWARDEES said



"This award presented by VK and BM recognising my service has increased my responsibilities and serves as a prelude to achieving more in the MSME sector."
— **K.S. Ashwathnarayana**, Entrepreneur, Vice President, Laghu Udyog Bharati, Karnataka



"It brings immense joy to have my sincere service recognised and honoured with a prestigious award. Heartfelt thanks to VK and BM for acknowledging unsung achievers and introducing them to the world."
— **Amit Kumar**, Director, Shri Aaditya Dweller Pvt. Ltd.



"This award is a recognition of my 20 years of service. Honouring small-scale achievers inspires them to achieve more. The efforts of VK and BM in this regard are commendable."
— **K. Anjinappa**, Chairman, Prestige Group of Institutions



"Receiving this award has brought immense happiness. We welcome young minds with aspirations to create groundbreaking innovations to collaborate with our organisation. Soon, Unosafe will introduce a new technology to the world."
— **Deepak B. Poojary**, Founder & MD, Unosafe Elevators Pvt. Ltd.



"I firmly believe that serving society is equivalent to serving God. I am delighted to receive the 'Achievers of Bengaluru' award from VK and BM. My service will continue."
— **Dibbur Jayanna**, Ex-Chairman, Doddaballapur Planning Authority



"The Achievers of Bengaluru award has provided me with immense motivation to achieve greater heights in my field."
— **Duryodhan Mahanta**, Managing Director, Grand Aeon Security Management Pvt. Ltd.



"Unlike awards given by other organizations, being recognized and honoured by prestigious publications like VK and BM fills me with pride."
— **Kavitha Puttaraj**, Chairperson, Saviraj Groups



"I have longed for an award for many years, and now that desire has been fulfilled. My hard work has finally been recognised."
— **E. Krishnappa**, Film Producer & Politician, EK Entertainers



"By recognising and encouraging me, VK and BM have inspired me to achieve more and provided me with an opportunity to earn a good name."
— **Dr. A. Hrudayaraj**, President, Shramajeevi Mother Teresa Datti Samsthe®



"This award for my excellent work is dedicated to my mother, who inspired my achievements. It motivates me to aim higher."
— **Lokesh G. Begur**, Entrepreneur and Social Worker



"Receiving this award from a distinguished individual like Justice Santosh Hegde at the remarkable event organised by VK and BM are highlights of my life. I hope the recognition of achievers like this continues, inspiring more people."
— **Manjunatha M. Addevishwanathapura**, Progressive Farmer and Farmer Leader



"Encouragement like this helps achievers accomplish even greater feats. Recognising achievers should remain a continuous endeavour."
— **H. Raju Gowda**, Founder & MD, Ecoplanet Elevators & Escalators Pvt. Ltd.



"There are many individuals in society making significant contributions. Recognising and encouraging such achievers, as VK and BM are doing, is truly commendable."
— **B.Y. Ramesh**, Entrepreneur and Social Worker



"Women contribute significantly to the nation's GDP. Let us continue to identify and encourage women achievers. This award increases our responsibility to perform more socially driven work."
— **D.R. Sree Latha Vasishth**, Founder & CEO, Adhya Airtek



"This award has increased my responsibilities not only in the field of education but also in social work. I will continue to uphold my principles and responsibilities."
— **Dr. B.R. Supreeth**, Secretary, Oxford Institutions (Nagarabhai & Ulla), and Syndicate Member, Bengaluru City University



"Recognising achievers and motivating them is unforgettable. This award has provided a significant boost to social service."
— **Dr. M. Thimmegowda**, President, Sri Sudha Cooperative Bank and Karnataka Pradesh Arya Idigara Sangha



"While practicing as a doctor in Bengaluru, my friends inspired me to extend services to rural areas. Acting on their encouragement, I, along with six friends, started a hospital that is now providing excellent services to the people around Nelamangala. Following my father's advice—"Don't chase money; work hard and earn a good name, and everything else will follow"—I have dedicated myself to service. Being recognised with this award adds greater responsibility to my journey."
— **Dr. Stephen**, Founder & Executive Director—SHADE®



"VK and BM recognising and honouring achievers is a matter of pride. I am delighted to have my achievements acknowledged with this award."
— **Dr. Umar Haji**, Chairman and Entrepreneur, Abhiman Group of Companies



"I sincerely thank the VK and BM teams for organising such a grand event and honouring me with an award presented by an honest individual like Justice Santosh Hegde."
— **Venkatachalapathi K.P.**, Managing Director, Finex Holdings India Pvt. Ltd.



"With decades of experience and skill in steel manufacturing, we established A-One Brand Steel Company. Our focus on innovation, sustainability, and growth has earned us this award."
— **Sunil Jallan & Sandeep Jallan**, Co-Founders, A-One Steels India Private Limited



"This is the second award I have received, and the Achievers of Bengaluru award has been one of them. It has greatly inspired the growth of both my company and myself."
— **K. Vijay Kumar**, Director & Partner, Vivechana Constructions



"This award has encouraged me to continue my work. VK and BM's efforts in recognising new achievers and honouring them are truly praiseworthy."
— **S.K. Yogesh Krishnappa**, President, Sharada International Group of Institutions



"Following the path laid by Dr H Narasimhaiah, who revolutionised education, the National Education Society has carried forward his legacy. Receiving this recognition for my achievements is truly joyous."
— **Dr. H.N. Subramanya**, President, The National Education Society of Karnataka®



"Anyone can achieve, but recognising and encouraging achievers with awards is a significant accomplishment by VK and BM."
— **Kiran Joshua**, Chief Executive Officer, Bhandhan Properties



"Encouragement and inspiration are essential for achievers. The honest efforts of VK and BM in this regard are unforgettable."
— **Dr. Stephen**, Founder & Executive Director—SHADE®

Take cover

Citizens go about their day as a drizzle took them by surprise on Thursday



KAUSHIK JN

Study highlights problems traffic officials face

CONTINUED FROM PAGE 1

Health risks

Prolonged exposure to noise pollution, especially in cities like Bengaluru, significantly affects the mental and physical health of traffic police, motorists, and pedestrians. A study by NIMHANS highlights the severe consequences of exposure to high decibel levels caused by incessant honking and shrill horns. Findings reveal that many traffic officers develop anxiety disorders, hypertension, premature hearing loss, and even early-onset heart diseases.

"For traffic officers, prolonged exposure to high noise levels can lead to increased stress, hearing loss, and heightened risk of cardiovascular diseases. Motorists and pedestrians suffer from heightened anxiety, irritability, and difficulty concentrating, which can lead to unsafe driving behaviours and accidents. This constant noise disrupts the body's ability to relax, affecting mental well-being and overall public safety. Reducing noise pollution is crucial for improving both physical and mental health in urban environments," said Dr Pavan Rasalkar, Consultant-Interventional Cardiology, Fortis Hospital.

Kuldeep Kumar Jain, DCP Traffic East, emphasised the importance of regular health check-ups for traffic police, stating that the Karnataka government conducts yearly examinations to address issues stemming from shrill horns, pollution, or work-related stress. "These check-ups help identify and treat problems at the earliest, and specialised camps are also organised to address alarming health concerns," he said.

He further stressed that a state-specific ban of these shrill horns and multi-tone horns would not be effective, as it would help only if the ban happens nationwide. Speaking about the rise in traffic violation cases, he explained that it largely depends on the frequency of special drives. "The numbers don't necessarily indicate an increase in problems but reflect how we prioritise complaints and enforcement efforts," he added.

Husband's care for pet cat not cruelty, rules HC

Court says such trivial cases contribute to existing backlog

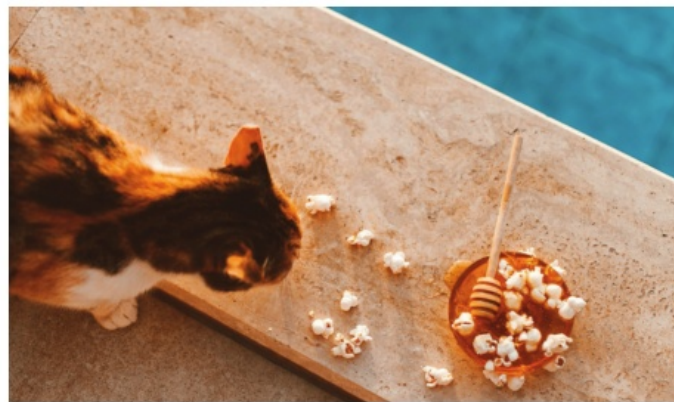
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The Karnataka High Court issued a stay order on Thursday on further investigation of a cruelty case filed against a husband, after observing that the wife's primary grievance was about her husband's excessive attention towards their pet cat rather than allegations of cruelty.

The court, noting that Section 498A of IPC was not applicable, emphasised that such trivial cases contribute to the existing backlog in the judicial system. The case involves three accused parties: the husband and his parents, whilst the complainant is the wife of the primary accused. Justice M Nagaprasanna, upon reviewing the case documents, stated, "The complaint is a narration of marriage and living together but the crux of the allegation is foundational upon the squabble regarding a pet cat that is in the house of the husband. The allegation is that the husband takes care of the cat more than the wife. Whenever the wife has pointed this out, there is a dispute between the two and abuses are hurled. That is what is narrated in most of the paragraphs of the complaint, therefore the issue is not about demand of dowry or assault on demand of dowry or cruelty meted out by the husband. The issue is with regards to the pet cat and the cat attacking or scratching the wife several times."

The court further observed, "This in the considered view of the court is an abuse of process of law for initiating proceedings for the offence punishable under section 498A of IPC. None of the



ingredients that are necessary for an offence to become punishable under section 498A IPC is present in the cases at hand, even in its remotest sense."

Court advocates video recording for will documentation

The Karnataka High Court has advocated for technological integration in Will documentation by proposing amendments to registration procedures and introducing video recordings of the testator and witness statements. Justice Anant Ramanath Hegde stated, "There is a need to embrace the technology to ensure that there is an unambiguous, credible, and clinching record relating to proof of execution of documents, more particularly the documents such as Will where the author of the instrument will not be available to admit or prove its execution when its execution is disputed."

The court noted, "A Will containing the last wish of the testator should last as per his wish, and should not be lost in a complex procedure of proof where when the testator has no voice and the proof of a Will depends on the evidence of attesting witnesses or other witnesses

recognised under the law." The court recommended, "Suitable provision in law, facilitating an option to record the statement by the testator and the attesting witnesses in a Court, testifying about the execution of a Will, with necessary measures or safeguards to ensure the confidentiality, will go a long way in assisting the Courts in discharging its function where the Courts have to adjudicate the dispute surrounding the execution of the Will." These suggestions emerged whilst partially accepting an appeal by Indiramma and others who challenged the trial court's partition decree favouring Hampamma and others. The court withheld judgment on the appellant's claim regarding property bequeathed through a Will, citing insufficient details in the written statement.

The court noted that Vaddatti Basappa, aged 85, executed the original Will on May 9, 2005, and passed away in 2009. An attesting witness confirmed Will's execution and identified signatures, despite being illiterate. The court acknowledged, "Minor discrepancy, if any, in the evidence of the attesting witness has to be ignored as 13 years had elapsed since the Will was registered."

BSc in Maths, a must-have for food inspectors?

CONTINUED FROM PAGE 1

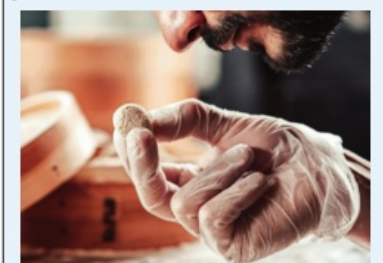
The problem with the Food Safety and Standard Department is that it does not have many food inspectors on regular roles. Most of them are on deputation from other government departments, including Bruhat Bengaluru Mahanagara Palike (BBMP). Some of the degree certificates submitted by the serving food inspectors are laughable at best. As if there are no facilities or universities that offer distance education in Karnataka or neighbouring states, some of the food inspectors opted Directorate of Distance Education and JRN Rajasthan Vidyapeeth University to pursue higher education - B.Sc (Maths) - to get promoted as food inspectors at the Food Safety and Standard Department.

When contacted, Srinivas K, Commissioner of Food Safety, Karnataka, said that he has no details on the food inspectors submitting fake degree certificates. "You can meet the administrative officer to get the details and to know about the action taken against those who submitted fake degree certificates," Srinivas said.

It may be recalled that the then Commissioner of Food Safety, Karnataka had issued an order on January 10, 2018, suspending four food inspectors for submitting fake degree certificates. The suspended food inspectors are: Sharanappa, Satish H, Ramesh G Reddy, Kashimvali P, Shivayogappa, and Mallanna S. Later, the Deputy Commissioner (Administration) of Food Safety and Standard Department wrote a letter on January 11, 2024 to the Chief Secretary of Health and Family Welfare, cancelling the promotion of food inspectors.

Coming down heavily on the authorities for keeping quiet and the food inspectors for submitting fake degree certificates, Diwakar Narayanaswamy, an advocate, said the authorities have to ensure recruiting the right candidates for the right positions. "If these food inspectors have no knowledge on how to check the quality of food, what is the use of having them? The authorities must recruit qualified candidates for the posts of food inspectors because they play an important role," Narayanaswamy said.

Janardhan, in-charge administrative officer, Food Safety and Standard Department, told BM that the Commissioner has instructed him to prepare a report on the candidates who submitted fake degree certificates. "We are preparing the report, and it will be sent to the government for further action," said Janardhan.





Blood tests: One size may not fit all

**Machine learning
can pinpoint
what's truly
'normal' for
each patient**



**Clinicians
determine reference
intervals by
measuring a blood test
in a range of healthy
people; the middle
95% of these values
are termed
normal**

If you've ever had a doctor order a blood test for you, chances are that they ran a complete blood count, or CBC. One of the most common blood tests in the world, CBC tests are run billions of times each year to diagnose conditions and monitor patients' health.

But despite the test's ubiquity, the way clinicians interpret and use it in the clinic is often less precise than ideal. Currently, blood test readings are based on one-size-fits-all reference intervals that don't account for individual differences.

I am a mathematician at the University of Washington School of Medicine, and my team studies ways to use computational tools to improve clinical blood testing. To develop better ways to capture individual patient definitions of "normal" lab values, my colleagues and I in the Higgins Lab at Harvard Medical School examined 20 years of blood count tests from tens of thousands of patients from both the East and West coasts.

In our newly published research, we used machine learning to identify healthy blood count ranges for individual patients and predict their risk of future disease.

Clinical tests and complete blood counts

Many people commonly think of clinical tests as purely diagnostic. For example, a COVID-19 or a pregnancy test comes back as either positive or negative, telling you whether you have a particular condition. However, most tests don't work this way. Instead, they measure a biological trait that your body continuously regulates up and down to stay within certain bounds.

Your complete blood count is also a continuum. The CBC test creates a detailed profile of your blood cells – such as how many red blood cells, platelets and white blood cells are in your blood. These markers are used every day in nearly all areas of medicine.

For example, hemoglobin is an iron-containing protein that allows your red blood cells to carry oxygen. If your hemoglobin levels are low, it might mean you are iron deficient.

Platelets are cells that help form blood clots and stop bleeding. If your platelet count is low, it may mean you have some internal bleeding and your body is using platelets to help form blood clots to plug the wound.

White blood cells are part

of your immune system. If your white cell count is high, it might mean you have an infection and your body is producing more of these cells to fight it off.

Normal ranges and reference intervals

But this all raises the question: What actually counts as too high or too low on a blood test?

Traditionally, clinicians determine what are called reference intervals by measuring a blood test in a range of healthy people. They usually take the middle 95% of these healthy values and call that "normal," with anything above or below being too low or high. These normal ranges are used nearly everywhere in medicine.

But reference intervals face a big challenge: What's normal for you may not be normal for someone else.

Nearly all blood count markers are heritable, meaning your genetics and environment determine much of what the healthy value for each marker

would be for you.

At the population level, for example, a normal platelet count is approximately between 150 and 400 billion cells per liter of blood. But your body may want to maintain a platelet count of 200 – a value called your set point. This means your normal range might only be 150 to 250.

Differences between a patient's true normal range and the population-based reference interval can create problems for doctors. They may be less likely to diagnose a disease if your set point is far from a cutoff. Conversely, they may run unnecessary tests if your set point is too close to a cutoff.

Defining what's normal for you

Luckily, many patients get blood counts each year as part of routine checkups. Using machine learning models, my team and I were able to estimate blood count set points for over 50,000 patients based on their history of visits to the clinic. This allowed us to study how the body regulates these set points and to test whether we can build better ways of personalizing lab test readings.

Over multiple decades, we found that individual normal ranges were about three times smaller than at the population level. For example, while the "normal" range for the white blood cell count is around 4.0 to 11.0 billion cells per liter of blood, we found that most people's individual ranges were much narrower, more like 4.5 to 7, or 7.5 to 10.

When we used these set points to interpret new test results, they helped improve diagnosis of diseases such as iron deficiency, chronic kidney disease and hypothyroidism.

We could note when someone's result was outside their smaller personal range, potentially indicating an issue, even if the result was within the normal range for the population overall.

The set points themselves were strong indicators for future risk of developing a disease. For example, patients with high white blood cell set points were more likely to develop Type 2 diabetes in the future. They were also nearly twice as likely to die of any cause compared with similar patients with low white cell counts. Other blood count markers were also strong predictors of future disease and mortality risk.

In the future, doctors could potentially use set points to improve disease screening and how they interpret new test results. This is an exciting avenue for personalized medicine: to use your own medical history to define what exactly healthy means for you.

(By Brody H Foy, University of Washington, *The Conversation*)



All you need to know about...

Gut cells & depression

Novel treatment

Developing antidepressant medications that target cells in the gut may open a novel path towards effective treatment of mood disorders like depression and anxiety, finds a study.

Fewer side-effects

These gut-targeting medications may also lead to fewer cognitive, gastrointestinal, and behavioral side effects for patients and their children than current treatments.

"Antidepressants like Prozac and Zoloft that raise serotonin levels are important first-line treatments and help many patients but can sometimes cause side effects that patients can't tolerate," said Mark Ansorge, Associate Professor of clinical neurobiology at Columbia University Vagelos.

Only intestinal cells

Ansorge noted that the study, published in the journal *Gastroenterology*, suggests that limiting these drugs "to interact only with intestinal cells could avoid these issues". Further, the team noted that the novel approach may also help pregnant women, without exposing the child.

Current antidepressants

Antidepressants that raise serotonin (called selective serotonin reuptake inhibitors, or SSRIs) -- the first-line pharmacological treatments for anxiety and depression for over 30 years -- are known to cross the placenta and increase problems related to mood, cognitive, and gastrointestinal later in childhood. On the other hand, leaving depression untreated during pregnancy "also comes with risks to the children," Ansorge said. "An SSRI that selectively raises serotonin in the intestine could be a better alternative."

Serotonin is in the gut

Notably, Serotonin is also produced outside the brain, largely in cells that line the intestines. "In fact, 90 per cent of our bodies' serotonin is in the gut," said the team. This knowledge raises the possibility that increasing serotonin signaling in the gut may impact gut-brain communication and ultimately mood, they noted while testing its possibility in mice. —IANS



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If anybody find the documents contact: 92421 03737 or inform near by Police Station

CHANGE OF NAME

I, SIMRAN KHANUM A c/o Waseem Akram R/a at No #154, 6th Cross, Ahmed Nagar, Gangondanahalli, Nayanda halli Post, Bangalore-560039. I have changed my name to SIMRAN KHANUM. Vide Affidavit dated on 12/12/2024 Sworn before notary Leela Bengaluru

I, Pavitra.K.K W/o Jagadeesha R/o Kabbinahalli Village, Kadalu, Alur Taluk, Hassan 573218 have changed my name to Pavithra.K.K for all purposes

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I, NAGABHUSHAN, S/o Lakshmana, R/at #104, M R Jayram Colony Mathikere Bengaluru North Bangalore 560054 here by declare that NAGABHUSHAN and NAGABHUSHAN L, both the names belongs to me only, vide affidavit dt: 12.12.2024 before notary A. Manjula, Bangalore.

I, Arvinth Sundararajan R/o No.728, 16th Main, 19th Cross, A Block, Sahakarnagar, Bangalore 560092 have changed my minor daughter name from Maya Arvinth to Maya Dee Arvinth Affidavit Dt.12/12/2024 notary Harisha G, B'luru

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Ode to the most cherished bond

Model-actor and director Kovid Mittal's latest music video Meri Maa celebrates the unbreakable bond between a mother and son. The heart-warming music and lyrics of the song explore the deep love and connection shared in this special relationship. The video also has a message for you, keep the love for your mother always as a priority as this chance is given to us only once in life. Singer Tripty Sinha has rendered the song in a manner that can touch your hearts. Music is by Vardan Singh and lyrics are by Azeem Shirazi. Apart from directing the film, Kovid Mittal also acts in it in the role of an army officer, who takes us on an anecdotal journey of love that a mother has for her child. It underlines the love and how its intrinsic value often becomes apparent after loss. When a mother passes away, her son embarks on a deeply personal journey of introspection and realization, recognising the immeasurable impact she had on his life. The video released by record label Get High On Music on YouTube has received over 2 lakh views and has been spreading the message of love far and wide.

—BMB

Stop cooking up stories!

Sai Pallavi slams reports of changing diet for Sita's role in 'Ramayana'

Bollywood actress Sai Pallavi has firmly dismissed recent rumours claiming she adopted a vegetarian diet for her role as Sita in the much-anticipated film 'Ramayana', directed by Nitesh Tiwari.

The reports, which surfaced on various media outlets, suggested that Pallavi had committed to a strict vegetarian lifestyle until the completion of the film's shooting, even bringing along her personal chef while traveling abroad to ensure her meals were exclusively vegetarian.

Pallavi took to X (formerly Twitter) on Wednesday to address these fabricated claims, issuing a strong statement against the false reports.

"Most of the time, almost every time, I choose to stay silent when I see baseless rumors, fabricated lies, and incorrect statements being spread—whether with or without motives (God knows). But it's high time I react as it keeps happening consistently and doesn't seem to cease, especially around the time of my films' releases, announcements, or cherishable moments of my career!" she wrote in the post.

The actress went on to express her frustration with the media reports, stating that any further circulation of such misleading stories would not go unchallenged. "Next time I see any 'reputed' page or media/individual carrying a cooked-up story in the name of news or gossip, you will hear from me legally! Period!" she added.

The film 'Ramayana', an ambitious two-part adaptation of the ancient Indian epic, has already garnered significant attention due to its star-studded cast and high-profile production team.

—ANI



SANDALWOOD SHOTS

Y MAHESWARA REDDY

Pen Drive in progress

Karnataka's politicians have often been brought down with a pen drive. And now, Sebastian David who has been associated with Sandalwood for more than three decades, is ready with his film Pen Drive, his 15th film as a director.

"I faced a lot of problems while registering the title of the movie and also during the shooting. Initially, the Karnataka Film Chamber of Commerce president hesitated to give consent for the registration of the title but later allowed me. Some people from Hassan threatened to stop shooting of the movie," said Sebastian.

Action Queen Malashree plays the lead in the film while Tanisha Kuppanda and Kishan have played key roles in the movie.

"The movie is not about any politician in particular. It is just for the entertainment of the audiences. All the actors, especially Malashree madam who plays the cop, have acted well," the director said.



2nd film coming up

Director Sandeep Sunkad, who earned name for Shakhhaari, is bullish about his second movie to be bankrolled under the Geetha Pictures.

Dheeren R Rajkumar, who made debut in Sandalwood with the movie Shiva 143 that was released four years ago, is set to play the lead in the film.

"As of now, the second script work is in progress. We are yet to decide on the title. We selected Dheeren to play the lead because he is apt for the role. The movie will go on floors after a brainstorming session with all stakeholders on the script," said Sunkad.

The director said he plans to organise a workshop for the actors. "As of now, Dheeren R Rajkumar has been learning some special skills. The proposed workshop would be of great help. The movie will be shot in Bengaluru and North India. We are yet to finalise on a heroine and the remaining cast. We have shortlisted six actresses so far," the director said. Sunkad said he was a software engineer and had worked in a company for four years before turning director. He said he was happy with Shakhhaari because some of the film's technicians went on to get more chances.



Female bond? 'Outrageous'



As the debate around a potential female James Bond continues to captivate fans, actor Gemma Arterton, known for her role in 'Quantum of Solace' (2008), has shared her thoughts on the controversial idea.

Arterton, who portrayed MI6 agent Strawberry Fields in the film, has expressed reservations about changing the iconic character, created by author Ian Fleming in 1935. As per Deadline, she explained, "Isn't a female James Bond-like Mary Poppins being played by a man?"

She further said, "They talk about it, but I think people would find it too outrageous. Sometimes you just have to respect the tradition."

While Arterton, a BAFTA-nominated actor, acknowledged that she had no regrets about being part of the Bond franchise, she admitted that she has been puzzled by the attention her brief appearance in the film continues to attract.

—IANS

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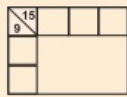
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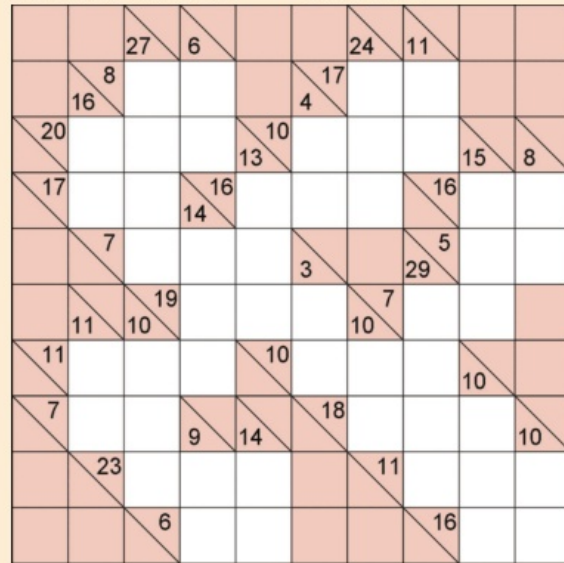
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

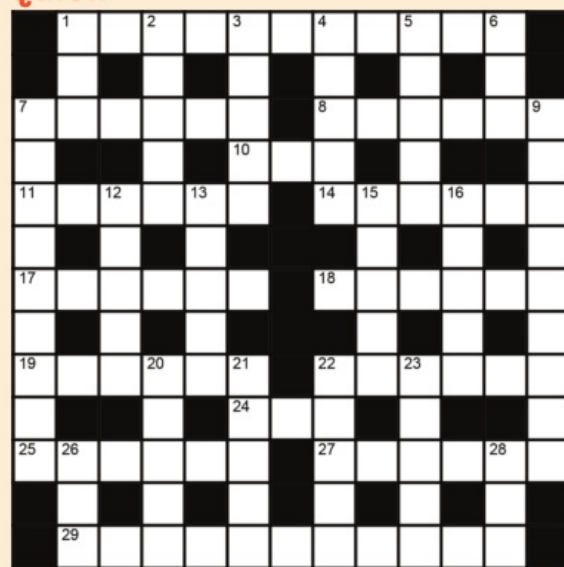


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Captivating (11)
- 7 Wall painting (6)
- 8 Rural and simple (6)
- 10 Network Interface Adapter in short (3)
- 11 Suez, Panama, et al.? (6)
- 14 Pay heed (6)
- 17 Early Dutch navigator (6)
- 18 Finds the sum of; makes sense? (4,2)
- 19 Thought about and gave one's views (6)
- 22 Kind of soup—"oil tax" anagram? (6)
- 24 Ex-P.M. Narsimha ____ (3)
- 25 Latin name for Scotland? (6)
- 27 Striped animals (6)
- 29 Political demonstrations? (11)

DOWN

- 1 Mongrel (3)
- 2 Between ports (2,3)
- 3 Fetters (5)
- 4 Wall painting (5)
- 5 Protruding teeth (5)
- 6 A letter of Greek alphabet (3)
- 7 Tongue-in-cheek (9)
- 9 Multiplex on Banerghatta road (9)
- 12 Japanese-American (5)
- 13 Rental contract (5)
- 15 List of contents (5)
- 16 Opera by Puccini (5)
- 20 N in TNT? (5)
- 21 Cover, hang or adorn (5)
- 22 Drains slowly (5)
- 23 Prohibition imposed by social customs (5)
- 26 Policeman (3)
- 28 Stomach muscles (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS D
FXV OXY'L OBXJY PF RZCCWYS
WY LUD JZLDB; FBV OBXJY PF
HLZFWYS LUDB D.



Linemaro

You look exactly like my next girlfriend



Mindchow

Turn you can'ts into cans and dreams into plans



Joke of the day

I got a call from a modelling agency. They wanted me to pose for some Before pictures

Loop

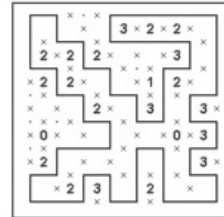
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

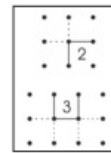
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

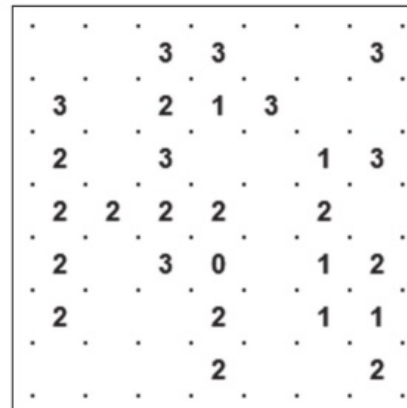
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



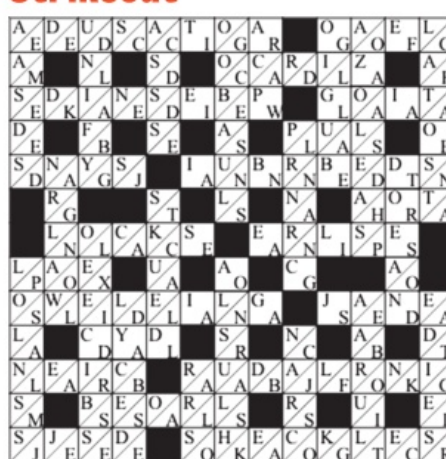
(Fig A)



(Fig B) Not Allowed



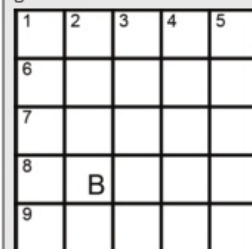
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

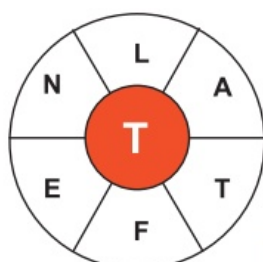
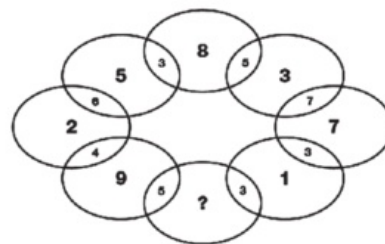
- 1 Barb I; 6 Idly S;
- 7 Largo; 8 So bee;
- 9 Sores

DOWN

- 1 Or rig; 2 Boo ad;
- 3 Res by; 4 Basel;
- 5 Less I

Mensapuzzle

Which number replaces the question mark and completes the sequence?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

$\square \square \square \square = 3$

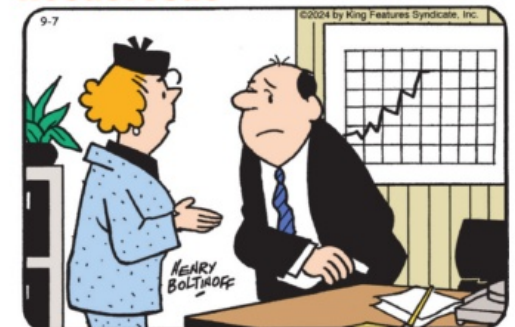
$\square \square \square \square = 11$

$\square \square \square \square = 15$

$\square \square \square \square = 15$

$\square \square \square \square = 15$

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Woman's arm is longer. 2. Chair is shorter. 3. Tie is different. 4. Collar is different. 5. File cabinet is taller. 6. Graph is smaller.

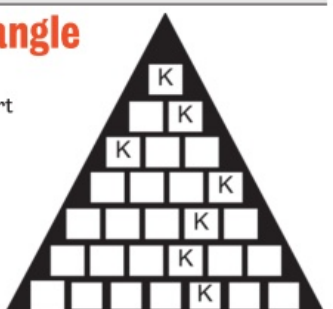
Riddler

You can do it in vessels for getting you clean. You can do it to fabric to stop being seen. You are doing it when you've come up short. You've done it too when you've equalled in sport. This may sound like there should be images but then, you can do all those things without pencil or pen. What is the word?

Alpha triangle

- 1 One Thousand
- 2 All right
- 3 Ring coups, in short
- 4 A short stocking
- 5 Pawns off
- 6 Strangles
- 7 Appalled

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



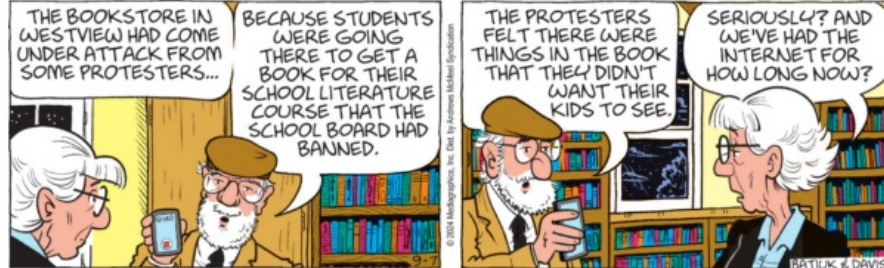
Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, you may feel positive energy around you. You might bring home artefacts or household items to renovate your space. A new business partnership may be on the cards, and long-distance travel is possible. Trust and understanding with your spouse may enhance harmony in your domestic life.



Leo Jul 24 - Aug 23

Today is relatively good. Disputes with siblings may be resolved, strengthening your bond. High energy levels could help you complete challenging projects. Networking during a short work-related trip may expand your opportunities. Helping someone in need may enhance your social reputation.



Sagittarius Nov 23 - Dec 22

Today, your inner strength may bring happiness. Short-term gains from investments are possible. Building strong relationships with your boss may lead to promotions. Your social prestige could improve now. You may also plan for some short work-related travel.



Taurus Apr 21 - May 20

Today is a good day. At work, your performance may shine, and your efforts may be rewarded with incentives. Good rapport with your boss could lead to new responsibilities or promotions. Chronic health issues may be resolved. Disputes with siblings may end on a positive note. Job seekers are likely to find new opportunities.



Virgo Aug 24 - Sep 23

Family gatherings may keep you occupied today. Your polite demeanour could improve your relationships and image among relatives and friends. Spending on artefacts or luxury items may enhance your social status. Positive news from a close relative might uplift your spirits.



Capricorn Dec 23 - Jan 20

Today, blessings from the moon may bring recognition; you may step into a higher position through hard work. Performance at work may improve, and you could meet an influential person who provides valuable life guidance. Domestic harmony may increase as you effectively manage family matters.



Gemini May 21 - Jun 21

Today, you may focus on your children's education and possibly plan for their higher studies. Couples might receive good news about a child, while singles may meet their soulmates. You might also plan to upgrade your skills or pursue higher studies for career growth. Those in education, consulting, or banking sectors may excel.



Libra Sep 24 - Oct 22

Today is good. Blessings from elders may restore your focus and patience, helping you achieve your goals. You might excel in both business and domestic matters. Balancing expenses and savings could boost your financial health.



Aquarius Jan 21 - Feb 19

Happiness and improvement in circumstances are likely today. A visit to a religious place may provide inner strength, and you might donate to a charity or spiritual institution. Overseas travel for education or work is possible. Singles may meet their soulmates, and couples might find a suitable match.



Cancer Jun 22 - July 23

Today, dissatisfaction may trouble you, and responsibilities might feel burdensome. You are advised to be cautious with investments and postpone any home renovation plans for now, as losses are possible. You must review documents carefully before signing anything. Elderly health may worry you.



Scorpio Oct 23 - Nov 22

Today, a sense of dissatisfaction may slow your progress, leading to delays in ongoing projects. Lovebirds are advised to avoid major decisions regarding marriage. Job seekers might face disappointments in interviews. You could take time to recharge and refocus.



Pisces Feb 20 - Mar 20

Today is mixed. You may feel introspective and engage in self-analysis. Changes in your position or surroundings could occur, testing your patience. Avoid being overly arrogant, as it may strain relationships. You are advised to refrain from adventure trips for now and focus on staying grounded.



KIDZONE



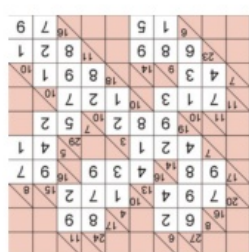
Sonalika, Bengaluru



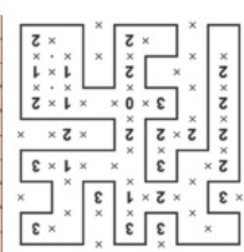
Chinmay, Bengaluru

Kidzone, Bangalore Mirror; No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

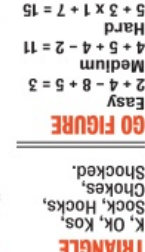
SOLUTIONS



KAKURO



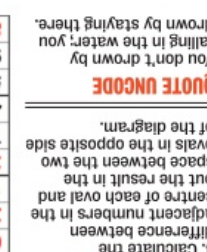
LOOP



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